

Everyone deserves healthy food.

Did You Know?

- More than 5000 people in Fitchburg experience food insecurity on a daily basis. They rely on food banks as a major food source.
- **Food Insecurity: the state of being without reliable access to a sufficient quantity of affordable, nutritious food.**
- Hunger is a serious health problem for more than 50 million Americans. That is 1 in 6 of the U.S. population – including more than 1 in 5 children.
- 63% of food support agencies in Fitchburg reported consistently running short on supply of food, forcing them to limit the amount they give their clients.



What can you do to make a difference?

You can help by donating healthy food items to your local food pantries, churches, schools, and food drives. Please make sure your items have not passed their “use by” date and that the products have not been opened

Please donate these healthy food items:

1. Cereal: No sugar added
2. Vegetables: Canned, NO salt added
3. Fruit: Canned in 100% juice
4. Milk: Dry powdered or Parmalat
5. Pasta: Multi-grain
6. Canned meat or fish packed in water
7. Natural peanut butter
8. Canned beans (low sodium) / dry beans
9. Any NEW non-perishable item



Please see a list on the back of local donation centers in your community.